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HOUSEHOLDERS' CHAT

Wednesday, December 16, 1931

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(NOT FOR PUBLICATION)

Subject: "Questions Concerning Children." Information from the Bureau of Home Economics, and Forest Service, U. S. D. A., and Children's Bureau, U. S. Dept. of Labor.

Bulletins available: "Food for Children", "Sunlight for Babies", order from Children's Bureau.

--ooOoo--

Since this is Wednesday, our special time in the week for considering the children, and since letters containing questions are piling up with every mail, I think we'll spend out time today answering questions about the children in the family.

Several people have asked about the use of liver in the diet, especially in the children's diet.

Liver is a valuable food, especially for the children, so it deserves a place in the family diet. It need not be expensive. Even when the price of calves' liver makes it a luxury, beef, pork and lamb livers may be used. These are as valuable as calves' liver and less expensive than most lean meat. Beef, pork, lamb and chicken liver are all good for building red blood cells. Kidneys are said to be nearly as effective as livers for this purpose. All of these are rich in iron, but experiments have shown that this is not their only claim to distinction. Part of the remarkable value of these meats in preventing and curing some types of anemia is the copper they contain. Still other substances, scientists think, may also account for it. Experts today agree that liver is an excellent food for growing children who need to manufacture plenty of good red blood. When you serve chicken, duck, goose turkey or rabbit, let the children have the livers. Make a practice of serving liver or kidney to them in some form frequently. If they are anemic, it may be desirable to serve it to them at least as often as once a week.

There are three excellent liver recipes to be found in the green cookbook. There's a recipe for that always popular combination, liver and bacon. There's another for liver and potatoes scalloped. And finally there's one for liver and rice loaf. If you want still more liver recipes, write to the Bureau of Home Economics at Washington, D. C. for the mimeographed leaflet on liver just ready which contains five other good ways of using it.



You can cultivate a taste for liver in your family by serving it in new ways. Very tender liver, such as lamb and calf liver or tender bresh beef liver, needs quick cooking such as pan broiling, deep fat frying or sauteing. Pork or other liver that has a less delicate flavor and texture, tastes better if braised, stewed or baked.

The Recipe Lady says that fresh, tender beef liver, bright red in color, has the finest flavor if it is cooked correctly. She believes that many people form a prejudice against liver or don't enjoy its flavor because it has been poorly cooked. Most people overcook this meat and use too high a temperature. Cook only long enough to take away its red color. Broiled liver is easy to fix and excellent for the children. So is creamed liver with bacon.

Liver has a place in the school lunch box as well as on the family dinner table, for it makes excellent fillings for sandwiches. Have you a copy of the rabbit leaflet, the leaflet that suggests so many different ways of preparing rabbit meat? There's an excellent recipe in that publication for rabbit liver paste. The same sort of preparation can be made of other kinds of liver to make delicious sandwiches, or to spread on crackers to serve with salad. Drop the liver into a small quantity of boiling water and simmer until the meat is tender. Then drain it, run it through the meat chopper using the finest blade. Add to the chopped liver finely chopped olives, minced onion, mayonnaise, dashes of tabasco sauce and paprika. Chill it before using. This mixture may be kept in a covered jar in the refrigerator.

Our simple lunch or supper menu today contains a novel and tasty liver dish. A liver salad, to be exact. Liver, cucumber and celery salad for the main dish. Then Crusty baked potatoes; Green beans buttered; a tart relish; and for dessert, Baked apples.

For the liver salad you will need:

4 cups of chopped broiled liver  
1 cup of diced cucumber  
1 cup of diced celery, and  
Mayonnaise.

I'll repeat those ingredients. (Repeat.)

To make the salad, all you have to do is to mix the ingredients, chill them and serve them on a crisp lettuce leaf.

That's all about liver.

I Haven't said much this season about the baby's quota of sunshine, have I? Somehow there are so many things to tell you that I really have a hard time keeping up. The other day, however, I saw an attractive revised folder published by the Children's Bureau, which I'm sure will interest any of you mothers who have been asking questions about winter sunbaths and codliver oil.

"Babies should be given longer sun baths at this time of year then in spring and summer," says the Children's Bureau. At the same time the daily feeding of cod-liver oil or "bottled sunshine" is recommended. During the winter



months babies need both sun baths and cod-liver oil in order to prevent rickets and to enable their bones to develop normally.

"The reason that longer sun baths are needed in winter is that at this season the ultra-violet rays are weak. A winter baby cannot get enough sunshine unless he lives in the most southern and sunny parts of the country, so he especially needs cod liver oil. Artificially-fed babies are more likely to develop rickets than breast-fed babies, but even natural feeding does not prevent the disease.

"A baby may have rickets long before his mother notices anything wrong with him. Long before his legs become badly bowed or before other deformities of the bones appear, the disease may have begun to develop. But enough sunlight and cod liver oil at this early stage will save the baby from developing severe rickets and from such results as bone deformities and poor teeth."

The new folder reminds mothers that the sun's rays must fall directly on the skin, if they are to help the baby to grow properly. The rays that tan the skin and prevent rickets do not pass through clothing nor through ordinary window glass.

"In cold weather a sun bath can be given indoors near a window opened at top or bottom. The room should be heated and the doors closed to prevent drafts. In the coldest weather, the baby may do well to have two short sunbaths a day instead of one long one. The thermometer in winter may register 40 or 50 degrees higher in the sun than in the shade, so, if the baby is protected from the wind, the sun will keep him warm."

A small boy of my acquaintance recently inquired about living Christmas trees. You'll be interested to hear what the Forest Service has to say about this new kind of a yuletide tree.

"Living Christmas trees are becoming more popular each year in many communities. They have been found suitable both for large outdoor celebrations and for the family circle.

"A good tree on the lawn of the home adds to the beauty of the ground and is a permanent improvement. It may also serve as a perennial Christmas tree, and save the expense of a new tree to be bought every year. Although cutting trees for Christmas may be done without injury to the forest, if carried on under good forestry principles, a considerable portion of the present day supply comes to the market as the result of promiscuous, destructive cutting.

"A nice way to provide a living tree for holiday use in the home which will later be used to beautify the grounds, is to buy a small tree with the roots properly balled and packed in a box that can be used indoors. If a permanent tree is chosen for planting, many varieties will be found suitable. Spruces, firs, pines and cedars adapted to the locality usually give best results."

Tomorrow we'll talk about: "Polishing the Household Silver."

